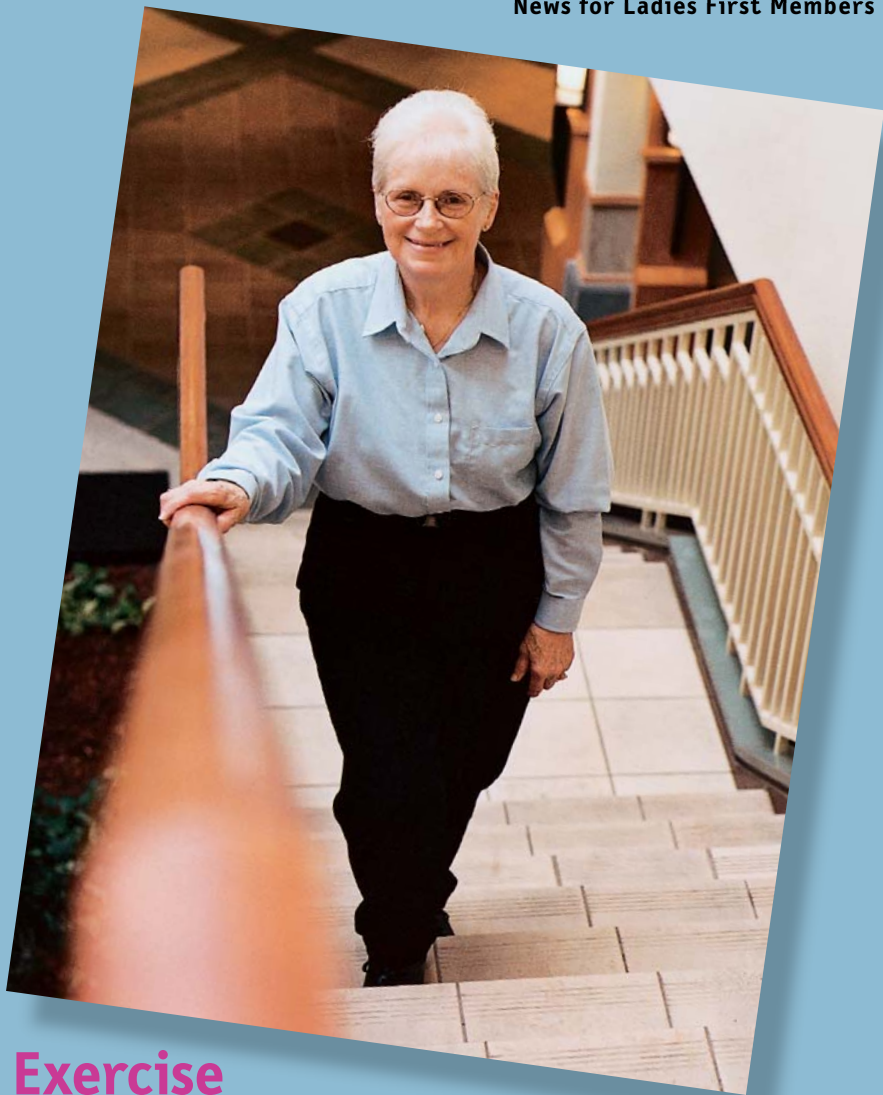


# A Healthier You

News for Ladies First Members



**Exercise**  
**Out of the Question?**  
**Join our Active Living Program!**  
**(see inside) .....**

## Dear Ladies First Members and Friends,

Welcome to our all new Member Newsletter, "A Healthier YOU!" Like everyone these days, we've faced budget restraints, and unfortunately our much-loved Women's Matters was slated for its own "pink slip." But with some creative retooling we were able to keep it going. What you have in your hands is a leaner, meaner – and dare we say even better? – piece than before. We'll bring you great features, practical advice, a recipe, and a news section to keep you up-to-date with our program. We're glad to be here for you, and like a good friend we're here to pass on a very important reminder: Get screened today! Just call for an appointment. It's easy to let a yearly appointment slip by, but so important not to miss this one.



In Health,

A handwritten signature in black ink that reads "Kerri Frenya". The script is fluid and cursive.

Kerri Frenya

Ladies First Outreach

## Ladies First: Free Health Screening and More!

Cancer screenings save lives, but women have other health needs, too. To help Vermont women stay strong in the fight against heart disease and other health concerns, we've added great new services to our make our program even better. Members age 40 or older that are screened for heart disease, cholesterol and blood pressure (all free tests through Ladies First) can take advantage of the all-new Active Living Every Day program. Plus, we offer sessions with a nutritionist to help you learn ways to make diet changes that work for you. For smokers there are also **free** quit-smoking tools such as patches, gum or lozenges once you participate in quit-smoking counseling.



### Active Living Every Day: The Details

The goal is to help people who aren't active fit physical activity into their lives in practical and realistic ways. It's been shown to work time and again with people who never realized physical activity could be easy or fun.

To qualify for the program, you must be screened first by a health provider who participates in Ladies First. Call Kate today to find out how. Your heart—and your body—will thank you.

### Alice's Story

Alice Kilandros turned her life around and it started with five minutes.

That's the amount of time she managed to walk the first day she decided to exercise. "I walked slowly. I would be out of breath," says Alice. The next day she walked two more minutes, and two more the next. Two years later, she walks three miles a day. She's also 60 pounds lighter, and off many of the medications she used to take every day.

Alice owes her new life to a strong desire to live better. If you're ready to get active and not sure where to

“I feel so **healthy...**  
I feel young  
like a **teenager.**  
(I DON'T FEEL  
LIKE I'M 65.)”

—Alice Kilandros, Burlington



begin, Ladies First can help. Our new program – Active Living Every Day – helps women turn their lives around for good. It's for women who want to fit physical activity into their lives in practical and realistic ways. It's proven to work with people who never exercised before. Best of all, it's easy and fun.

Call Kate today to find out how to qualify.



# News flash!

## Calling All Members.

That's just what we're doing. If you haven't gotten a call from a Ladies First Health Outreach Specialist yet, you'll be getting one soon. We're calling everyone to remind you to go for screening, and to invite you to participate in our exciting new Active Living Every Day groups that are forming now around the state. After you have been screened, you will also get a call from a nutritionist to invite you in for a visit.

## Clouds and a Silver Lining.

First, the silver lining. Now that Ladies First has branched out to cover heart health and other issues, we can help more women than ever with practical and effective tools to really turn your life around. The "clouds" mean that with these new tests and programs, there's some confusion about what's covered and what's not (see back cover). We're in the process of getting the word out to all the Ladies First providers, but there's a lot of new information. Some tests your doc orders may not be covered. The best thing to do is to call Kate directly at 1-800-508-2222 if there's any doubt about what we pay for.



**Thought for the day:**

**Have you been screened lately? Call today!**

# root vegetable Medley

Canola oil spray

- 1 onion, diced
- 2 medium rutabagas, peeled and cut into 1-inch pieces
- 2 medium parsnips, peeled and cut into 1-inch pieces
- 2 medium turnips, peeled and cut into 1-inch pieces
- 4 large carrots, cut into 2-inch pieces
- 6 large cloves of garlic, peeled
- 2 tablespoons sugar
- 2 tablespoons honey
- 1 cup water
- Freshly ground black pepper to taste
- 4 tablespoons parsley, chopped

Preheat oven to 375°.

Spray a baking pan or casserole dish with oil spray.

Place onion, rutabagas, parsnips, turnips and carrots in pan.

In microwave-safe bowl, mix together sugar, honey and water. Warm in microwave about 10 seconds or until sugar and honey are thoroughly dissolved. Add to baking pan and stir to coat vegetables.

Bake until very tender, stirring occasionally and mixing in small amounts of water if needed to keep honey glaze moist.

Add salt and pepper to taste, garnish with parsley and serve.

Serves 12 • Serving size: 1/2 cup

Calories 85, Fat <1g, Saturated fat 0 g,  
Carbohydrate 20g, Cholesterol 0g, Fiber 4g,  
Sodium 44 mg

# SERVICES for eligible Vermont women

	Age 18–39 (with breast symptoms or abnormal Pap)	Age 40 or older
Screening		
Breast	<ul style="list-style-type: none"><li>• Clinical breast exam</li><li>• Breast self-exam instruction</li><li>• Screening mammogram</li></ul>	<ul style="list-style-type: none"><li>• In-office breast exam</li><li>• Breast self-exam instruction</li><li>• Screening mammogram</li></ul>
Cervical	<ul style="list-style-type: none"><li>• Pelvic exam</li><li>• Pap smear</li></ul>	<ul style="list-style-type: none"><li>• Pelvic exam</li><li>• Pap test</li></ul>
Cardiovascular	Not available	<ul style="list-style-type: none"><li>• Blood pressure check</li><li>• Total cholesterol</li><li>• Lipid profile</li><li>• Body Mass Index (BMI)</li><li>• Blood sugar test</li></ul>
Diagnostic		
Breast	<ul style="list-style-type: none"><li>• Diagnostic mammogram</li><li>• Ultrasound</li><li>• Consultation</li><li>• Second opinion</li><li>• Breast biopsy and related costs</li></ul>	<ul style="list-style-type: none"><li>• Diagnostic mammogram</li><li>• Ultrasound</li><li>• Consultation</li><li>• Second opinion</li><li>• Breast biopsy and related costs</li></ul>
Cervical	<ul style="list-style-type: none"><li>• Colposcopy</li><li>• Other diagnostic tests</li></ul>	<ul style="list-style-type: none"><li>• Colposcopy</li><li>• Other diagnostic tests</li></ul>
Cardiovascular	Not available	<ul style="list-style-type: none"><li>• Approved follow-up tests</li></ul>
And More		
Breast	<ul style="list-style-type: none"><li>• Referral to Medicaid Treatment Act, if eligible</li></ul>	<ul style="list-style-type: none"><li>• Referral to Medicaid Treatment Act, if eligible</li></ul>
Cervical	<ul style="list-style-type: none"><li>• Referral to Medicaid Treatment Act, if eligible</li></ul>	<ul style="list-style-type: none"><li>• Referral to Medicaid Treatment Act, if eligible</li></ul>
Cardiovascular	Not available	<ul style="list-style-type: none"><li>• 3–6 visits with a nutritionist</li><li>• Active Living Every Day program</li><li>• Referral to Quit Line for tobacco cessation services if needed</li></ul>

Please note that women with Medicaid, VHAP, and Medicare Part B are not eligible for Ladies First



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